

Yoga Classes

Padma Tala Yoga Temple - Tinbeerwah

Monday

Tuesday

Wednesday

9am Slow Flow

Beginners - Experienced

11am Chair Flow

Limited mobility

5.15pm

Meditation Circle

Fortnightly - All welcome

Thursday

Friday

Monthly

Subscribe to our
newsletter for monthly
events

9.30am Radiant Flow

Mixed level

5.15pm Restorative

1st Friday of each month
with Breena - All levels

5.15pm Slow Flow

Beginners - Experienced

Yoga and Meditation Classes - 75min

Casual class \$22 | 6 x classes \$110 | 10 x classes \$175

Chair Flow - 60mins

Casual class \$20 | 6 x classes \$100 | 10 x classes \$160

All classes end with deep relaxation, meditation and optional herbal tea

Visit www.suncoasthealingyoga.com for class information

BOOKINGS: E: info@suncoasthealingyoga.com | Ph: 0406 089 541